



Bladder Diary

This chart has been designed to help with the diagnosis and management of your symptoms. It is important you complete the chart over 3 days (choose any days to suit yourself). Measurements are recorded to the nearest hour.

- Measure and record each drink you have.
- Measure (using a measuring jug) and record each time you pass urine.
- Grade the urgency/sensation of bladder fullness each time you pass urine i.e.:
 - 0 - No bladder sensation – could delay indefinitely
 - 1 - Sensation of urine but no desire to pass urine - could delay an hour
 - 2 - Mild-mod desire to pass urine - could delay 30 mins
 - 3 - Strong desire to pass urine - could delay 15 mins
 - 4 - Urgent desire to pass urine – unable to delay at all
- Record any time you are wet + = small amount, ++ = moderate amount, +++ = large amount.

Time	Amount drunk	Amount passed	Urge	Leak
Example	300ml	220ml	2	++
06.00				
07.00				
08.00				
09.00				
10.00				
11.00				
12.00				
13.00				
14.00				
15.00				
16.00				
17.00				
18.00				
19.00				
20.00				
21.00				
22.00				
23.00				
24.00				
01.00				
02.00				
03.00				
04.00				
05.00				
Total				

Time	Amount drunk	Amount passed	Urge	Leak
Example	300ml	220ml	2	++
06.00				
07.00				
08.00				
09.00				
10.00				
11.00				
12.00				
13.00				
14.00				
15.00				
16.00				
17.00				
18.00				
19.00				
20.00				
21.00				
22.00				
23.00				
24.00				
01.00				
02.00				
03.00				
04.00				
05.00				
Total				

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15.00				
16.00				
17.00				
18.00				
19.00				
20.00				
21.00				
22.00				
23.00				
24.00				
01.00				
02.00				
03.00				
04.00				
05.00				
Total				